30 DAYS OF PRESENCE A GUIDE BACK TO PRESENCE

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HOW TO LIVE A BETTER HAPPIER PRODUCTIVE MORE PRESENT LIFE

Short Introduction

READ BEFORE YOU START TO MAKE THE BEST USE

You're not here by accident. **You know the feeling:** You scroll for hours. Remember nothing. Walk through your neighborhood, couldn't describe a single building. You're everywhere and nowhere at once. I had that feeling for years. Then I picked up a camera and everything changed.

Not because of the camera, but because photography forced me to stop. To look. To actually see what was in front of me instead of what was on my screen.

It wasn't instant. But slowly, I started noticing things. Light on a building I'd walked past a thousand times. A shadow I'd never seen. A moment that mattered. **Presence** isn't something you find. It's something you practice. **This guide** is what I learned not from meditation apps or productivity hacks, but from walking around with a camera, from stopping when everyone else kept moving, from choosing to see instead of scroll. 30 days. Real exercises. Some from research. Some from my own experience. All of them work.

Requirements: Your body and your senses (that's it) + 5-15 minutes per day + Willingness to feel awkward sometimes

What you'll gain: The ability to notice what everyone else misses + Moments you actually remember +A quieter mind + Proof that the world is more interesting than your feed

How to Use This Guide

A GUIDE FOR THE GUIDE

1. **One Prompt Per Day**: Read the days prompt in the morning or whenever you start your day. Or select a random prompt
2. **Do the Practice**: It might take 5 minutes. It might take longer. Keep the rules or change them get an idea from it and practice it.
3. **No Guilt**: Miss a day or don't feel like it? Fine go back or skip ahead, it doesn't matter this is supposed to be light easy, there is no failing.

Or simply **ignore** this, skip to a **random** day a random **page** and **try** the **practice** out for **yourself**.

Maybe don't do it for 30 days **consistently** but do it **once** and come **back** later and **try** it again.

THE FIVE SENSES SCAN

LOOK UP

THE COLOR DERIVE

WEEK 1: NOTICING

WAKING UP YOUR SENSES
THE WORLD IS SCREAMING AT YOU. COLOR. TEXTURE. SOUND. LIGHT. YOU WALK THROUGH IT LIKE A GHOST.
THIS WEEK, YOU LEARN TO NOTICE AGAIN. NOT THINK ABOUT. NOT ANALYZE. JUST SEE, HEAR, FEEL, SMELL, TASTE. TRAINING YOUR SENSES TO PULL YOU BACK INTO REALITY.

EAT WITHOUT SCREENS

TEXTURE WALK

SINGLE SOUND FOCUS & WATCH THE SKY

DAY 1: THE FIVE SENSES SCAN

Based on: Mindfulness-Based Stress Reduction (MBSR)

Stop wherever you are. Spend **5 minutes** and notice:

- **5 things you can see** (colors, shapes, movement, light)
- 4 things you can hear (near and far, loud and quiet)
- **3 things you can feel** (texture, temperature, pressure, air)
- 2 things you can smell (even subtle ones)
- **1 thing you can taste** (even if it's just your mouth)

Why it works: This grounds you in sensory reality, breaking the mental loop of past/future thinking.

After: **What sense do you usually ignore?**

DAY 2: LOOK UP

Based on: Urban observation practices

Walk for **20 minutes**. Look **UP** the majority of the time be safe of course. Notice Rooflines. Sky. Tops of buildings. Birds. Branches. Clouds. Water towers. Architectural details.

Force your eyes above eye level. **What have you been walking under without seeing?**

Why it works: We scan at eye level for threats and opportunities. Looking up breaks **autopilot** mode.

After: **One thing you've never noticed before?**

DAY 3: THE COLOR DÉRIVE

Based on: Situationist International / Psychogeography (Guy Debord)
Pick **one color** before you leave your house (**red, blue, yellow, green, orange—your choice)**. Walk for 30 minutes. Your **ONLY** job: notice that color wherever it appears.
Let the color **guide** you. When you see it, turn toward it. Track how many times you spot it.
Why it works: Gives attention a specific target, which paradoxically opens awareness. This is the French exercise you mentioned.

After: **What surprised you about the world through one color?**

DAY 4: EAT WITHOUT SCREENS

Based on: Mindful eating practices

One meal **today**. No **phone**. No **TV**. No **laptop**. No **book**. Just **you** and your **food**.

Notice: texture, temperature, taste, smell. Chew slowly. Put your fork down between bites.
Why it works: **Eating** is something you do multiple times a day on **autopilot**. This breaks the **pattern**.

After: **How did the food actually taste?**

DAY 5: TEXTURE WALK

Based on: Sensory awareness training

Walk for **20 minutes**. Touch **10 different textures**. Actually **FEEL** them with your hands.

Rough brick. Smooth glass. Tree bark. Metal railing. Fabric.
Concrete. Stone. Wood. Whatever you find.
Optional: Close your eyes when you touch each one.
Why it works: Touch is our most **neglected sense** in modern life.
Reactivating it brings you into your body.

After: **Which texture was most interesting?**

DAY 6: SINGLE SOURCE SOUND

Based on: Auditory mindfulness meditation

Find a place to **sit** or **stand**. Choose one **sound** (traffic, birds, wind, voices, a hum, construction, music).

Listen ONLY to that sound for 2 minutes. When your mind wanders, return to the sound.

Then **switch** to a different **sound** for 2 minutes.

Why it works: Selective **attention** is the foundation of **presence**.

This is attention **training**.

After: **What did you hear that you don't usually notice?**

DAY 7: WATCH THE SKY

Based on: Contemplative observation practices

Sunrise or **sunset** your choice. **Watch it happen**. For real. Don't photograph it. Just watch.

See how the color changes. See how fast the **light** moves. Stay until it's **done**.

Why it works: The sky is **performing** every day and **you miss** it. This forces you to **witness** something **fleeting**.

After: **During this week of presence, which sense do you usually ignore? What Surprised you ?**

THE LONG WAY HOME

THE STILL POINT

SIT OUTSIDE FOR 10 MINUTES

WEEK 2: SLOWING DOWN

WHEN YOU STOP RUSHING, YOU START SEEING
EVERYTHING IN YOUR LIFE IS DESIGNED TO MAKE YOU MOVE FASTER. WALK FASTER. EAT FASTER. WORK FASTER. SCROLL FASTER.
THIS WEEK, YOU SLOW DOWN ON PURPOSE. NOT BECAUSE YOU'RE LAZY—BECAUSE SPEED KILLS ATTENTION. WHEN YOU SLOW DOWN, THE WORLD GETS LOUDER.

NOTICE THE LIGHT

HIGH/LOW PROTOCOL

HAVE A CONVERSATION & GO SOMEHWERE NEW

DAY 8: THE LONG WAY HOME

Based on: Dérive (drifting) practices

Take the **long** way home today. Add **10-15 minutes** to your commute. Take streets you've **never** walked or drove past. Turn down alleys. Explore. Get **Lost**, Find **Yourself**.

Don't **rush**. Just **wander** with intention.

Why it works: Routine **kills** presence. New **routes** force you to pay **attention**.

After: **What did you see that you would've missed?**

DAY 9: THE STILL POINT

Based on: Contemplative photography

Find **one** spot. Sit or stand there for 15 **minutes** without **moving**.

Watch everything: light **changing**, people **passing**, sounds **shifting**, shadows moving, **your own thoughts**. Don't do anything. Just **observe**.

Why it works: When you **stop** moving, you **notice** movement. This builds **depth** of attention.

After: **What happened that you would've missed if you kept moving?**

DAY 10: SIT OUTSIDE

Based on: Attention restoration theory

Go outside. Sit. No phone. No book. No music. No plan.

Just sit for 10 **minutes**. Look **around**. Listen. **Breathe**.

Why it works: **Nature** (even **urban** nature) restores **attention**. You just have to give it time.

After: **What happens when you do nothing?**

DAY 11: NOTICE THE LIGHT

Based on: Photography training exercises

Spend **today** noticing light. Just noticing it.

Where is it **coming** from? What does it hit? How does it **change** throughout the day? Where are the **shadows**? Where is it **warm**? Where is it **cold**?

Check in **three** times: morning, midday, evening.

Why it works: Light is always **moving** and you **never** see it. Once you start seeing light, you can't **unsee** it.

After: **When was the light most interesting?**

DAY 12: HIGH/LOW PROTOCOL

Based on: Perspective training for urban observation

Walk your usual route (to work, to the store, wherever).
First 10 minutes: Look only **UP** (rooflines, sky, birds, tops of things).
Next 10 minutes: Look only **DOWN** (cracks, grates, shadows, ground patterns).
Why it works: Eye-level is **autopilot**. Changing **perspective** breaks the pattern.

After: **What did looking up vs down reveal?**

DAY 13: HAVE A CONVERSATION

Based on: Social presence research

Talk to someone today without **checking** your phone once. Put it **away**. Out of **sight**.

Actually listen to what they're **saying**. Look at **them**. Be **there**.
Why it works: Phone presence **kills** human **presence**. Distance from device = **closeness** to people.

After: **How did the conversation feel different?**

DAY 14: GO SOMEWHERE NEW

Based on: Place attachment and familiarity research

Walk a street you've **never** walked. Go into a **store** you've never **entered**.
Find a **corner** of your **neighborhood** you've never explored.
Be a **tourist** in your own city.
Why it works: Familiarity breeds blindness. Novelty forces attention.

After: **When did you feel most present this week?**
What would you do again?

COOK WITHOUT A RECIPE

REARRANGE SOMETHING

FIX SOMETHING BROKE

WEEK 3: ENGAGING WITHOUT CONSUMING

DOING INSTEAD OF WATCHING
YOU'VE BEEN TRAINED TO CONSUME. CONTENT. NEWS. OTHER PEOPLE'S LIVES. OTHER PEOPLE'S OPINIONS. OTHER PEOPLE'S MOMENTS.
PRESENCE ISN'T ABOUT SITTING STILL IT'S ABOUT BEING ACTIVE IN YOUR OWN LIFE.

LEARN SOMETHING NEW

HELP SOMEONE WITHOUT THEM ASKING

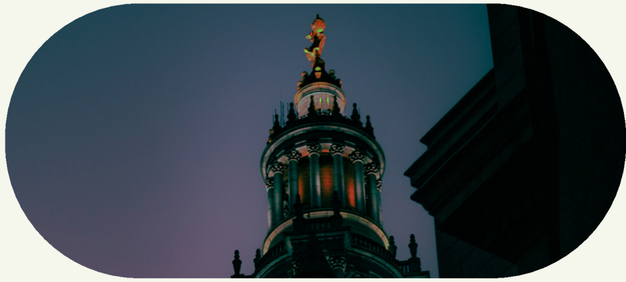
BUILD OR MAKE SOMETHING & TEACH SOMEONE SOMETHING

DAY 15: COOK WITHOUT A RECIPE

Based on: Improvisational **cooking** / flow state **research**
Make a **meal** today without **looking** at your **phone**, a **cookbook**, or a **recipe**. Use what you have. Taste as you go. Adjust. Experiment. It doesn't have to be fancy. It just has to be yours.

Why it works: Following recipes is consumption. Creating food is engagement. You have to be present to taste, smell, and adjust.

After: **How did it turn out? What did you learn?**



DAY 16: REARRANGE SOMETHING

Based on: Environmental psychology / active space engagement

Move furniture. Reorganize a shelf. Change where things live in your room. Physically engage with your space.
Not cleaning. Not **organizing** for **efficiency**. Just changing how something **looks** or feels.
Why it works: Your **environment** affects your mind. Changing it requires active **decision** making and physical presence.

After: **What did you change? Does the space feel different?**

DAY 17: TEACH SOMEONE AN INTEREST

Based on: Knowledge transfer and active engagement research
Teach someone something you know how to do. **Show** someone how to cook something, Teach someone a shortcut or trick you use, **Explain** how something works, Show someone how to use a tool, **Teach** a card game or board game, **Demonstrate** a technique or skill

You have to explain it clearly enough that they can actually do it.
Why it works: Teaching requires full presence. You have to understand what you know well enough to transfer it to someone else.
You can't teach while scrolling.
After: **What did you teach? Could they do it?**

DAY 18: FIX SOMETHING BROKEN

Based on: Problem-solving **engagement** / hands-on **cognition**

Find something that's broken or not working right. Fix it. Or try to fix it: A wobbly chair, a stuck drawer, a loose doorknob, a hole in clothing (sew it), a dead plant (repot it), a cluttered corner (clear it) maybe something in your phone settings

The goal isn't **perfection**. The goal is **engaging** with a problem.

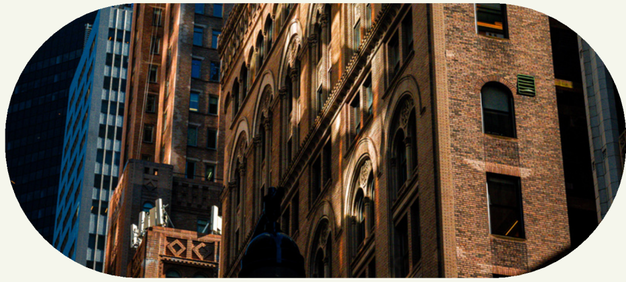
Why it works: Problem **solving** pulls you into the present. You can't fix something while thinking about something else.

After: **Did you fix it? Was it harder than you thought?**

DAY 19: LEARN SOMETHING NEW

Based on: Skill acquisition research / embodied learning
Learn to do something physical today. Not from a video from trying:
Examples: Juggle (with balls, fruit, socks), a handstand (against a wall counts), Tie a new knot, Shuffle cards differently, Flip a pen/pencil, Whistle a tune, Snap with your other hand

Pick one. Practice Fail. Try again.
Why it works: Physical learning requires full attention. You can't multitask your way through learning a physical skill.



After: **Did you improve? How did failing feel?**

DAY 20: HELP SOMEONE WITHOUT THEM ASKING

Based on: Prosocial behavior and presence research

Notice someone who needs help. Help them. Without them asking: Hold a door for someone carrying things, Help someone with heavy bags, Give up your seat, Give directions to someone who looks lost, Let someone go ahead of you in line, Pick up something someone dropped, Help a neighbor bring in groceries

The goal: notice a need and fill it.

Why it works: Noticing needs requires attention. Helping requires action. Both pull you into presence.

After: **What did you notice? How did they react?**

DAY 21: BUILD OR MAKE SOMETHING

Based on: Creation as presence

Build something today. With your hands. From physical materials:
Stack rocks into a cairn, Build a paper airplane and test it, Make a card for someone, Fold origami, Build something from cardboard, Make a playlist (old school: burn a CD or make a mixtape list), Build a fort, Assemble furniture, Plant something, Create a collage from magazine cutouts

It doesn't have to be art. It just has to be made by you.

Why it works: Making something physical anchors you in the present moment. Digital consumption keeps floating

After: **What did you make? Will you keep it?**

PHONE STACK

THE COMMUTE GAME

MORNING PROTOCOL

WEEK 4: LIVING PROOF

WAKING UP YOUR SENSES

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SHARE PRESENCE

THE RETURN

SCROLL VS PRESENCE & YOUR PROOF OF PRESENCE

DAY 22: PHONE STACK

Based on: Social psychology research on phone presence

If you're with someone: Both stack phones face down on the **table**.
First person to touch their phone **loses** (pays for coffee, does dishes, owes a favor).
If you're alone: Put your phone in **another** room for 1 hour. What do you do **instead**?
Why it works: Physical **distance** from your phone creates mental space.

After: **What did you do with your hands?**

DAY 23: THE COMMUTE GAME

Based on: Attention training exercises

Take your normal commute (walk, drive, train, bike). Count one thing the entire way it can be: Red cars, Dogs, People wearing hats, Bicycles, Trees, Coffee cups, Whatever

How high can you count before you forget the exercise?

Why it works: Turns boring routine into active observation game.

After: **Final count? What did you notice? react? When did you stop counting? Why?**

DAY 24: MORNING PROTOCOL

Based on: Digital Minimalism (Cal Newport)

Don’t check your **phone** for the first **hour** after you wake up.
Instead: Make coffee. Shower. Eat. Look outside. Stretch. **Anything** but scroll.

Why it works: How you start sets the **pattern**. Morning scrolling trains **distraction** for the entire day.

After: **How did your morning feel different?**

DAY 25: EVIDENCE COLLECTION

Based on: Cognitive behavioral therapy (CBT) reframing

Find proof that the world is beautiful. Collect 10 pieces of evidence today:A color, a shadow, an overheard phrase, a reflection, a texture really anything that speaks to your soul your heart.

Document them (photo, list, memory).

Why it works: What you look for, you find. Training your brain to scan for beauty rewires perception.

After: **What was your favorite piece of evidence?**

DAY 26: SHARE PRESENCE

Based on: Social connection and presence research

Tell someone about a **moment** of presence you had this month. In person. Not digitally if you can, if not then do a **video** call or even a normal one.
Describe it. What you saw. How it felt. Why it mattered.
Then ask them: What did you **notice** today?
Why it works: Presence is contagious. Talking about it reinforces it.

After: **What did they say?**

DAY 27: THE RETURN

Based on: Phenomenology / place attachment research

Go back to a place you visited during this challenge. A street. A building. A park. The spot from Day 14.

What's **different**? What stayed the **same**? How have **YOU** changed?
Why it works: **Returning** reveals how much you missed the first time.

After: **What did you see that you didn't see before?**

DAY 28: SCROLL VS PRESENCE

Based on: Psychology of attention / well-being research
Do this scientifically:

Part 1: Scroll social media. After, rate your mood (1-10 scale).
Part 2: Wait 30 minutes. Then practice presence for 30 minutes (any exercise from this guide). After, rate your mood (1-10 scale).
Compare the scores.
Why it works: Direct comparison makes the difference undeniable.

After: **Which score was higher? By how much?**

DAY 29: YOUR PROOF OF PRESENCE

Based on: My Own Reflective Practice (Inspiration for my series proof of presence)

Create something that proves you were **present** this month: One photo that captures what you learned, One paragraph about what changed, One **drawing** of something you now see, One **list** of moments you remember, One object you found

Why it works: Making something concrete turns experience into memory. This is your evidence.

After: **How did archiving it make you more present?**

DAY 30: SHARE YOUR PROOF

You did it. 30 days. Now share it because presence is contagious.

Your final challenge: Make a video (or simple write a message) about your experience. Post it and tag @leowillcaptureit, or send me a DM if you're more private. **Why this matters:** It took me years to learn this. Hours to put it together. More hours to format it. I gave it to you for free because I believe presence is the most important thing you can practice.

If it worked for you, tell someone. Show someone. Prove it's possible.

It's okay if you failed some days. It's okay if you skipped exercises. It's okay if you scrolled for hours and forgot to look up. The point isn't perfection. The point is practice. **Keep trying**. Keep noticing. **Keep choosing presence** over autopilot.

The world is still there. You can see it now. Tag me. Let's build proof together.

— Leo

THANK YOU FOR YOUR PRESENCE

IF YOU HAVENT ALREADY PLEASE DO FOLLOW ME ON INSTAGRAM @LEOWILLCAPTURE IT
IT MEANS A LOT, I LOOK FOWARD TO BUILDING AND SHARING MORE WAYS TO BE PRESENT.
MY GOAL IS ONE DAY TO START AN APP, THE PRESENCE APP.